

October, 2019

Town of Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

“Live, Learn, Laugh and Be Happy”
Mayor Joseph C. Sullivan

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

Michelle Birolini: Volunteer Coordinator

William Murphy: Custodian

Frank DeFrancesco: Transportation Services

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: www.townofbraintreegov.org

Please note you may sign up for all activities on or after October 1st at 9:30 am

Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.

Thank you for your patience and understanding. Reservations must be made with a live person.

Dinner Theater Show At The Common Market

Date: November 15

Departs: 10:30 AM 71 Cleveland Ave

Arrive: 11:00 AM Common Market

Cost: \$60 pp

Trip Includes

Luxury Coach Bus ride

Jesse Luttrell in “Showstopper”

Lunchon Menu

Your Choice of:

CHICKEN MARSALA

Chicken breasts sautéed in mushrooms, garlic shallots and Marsala wine

BAKED STUFFED SCHROD

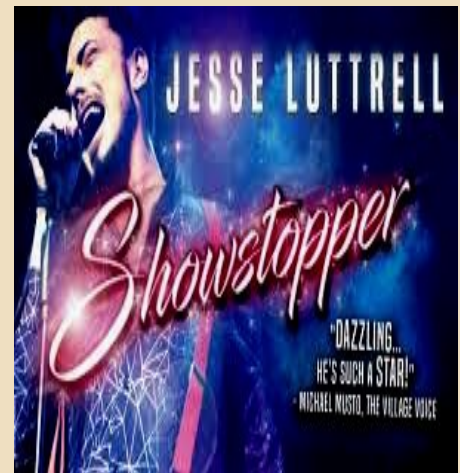
Fresh from George’s Bank topped w/ homemade stuffing and crabmeat

Both Served with baked potato and vegetable of the day

~ Above Entrée selections include ~

Tossed Salad

Dinner Rolls , Coffee & Tea, Dessert



**JESSE WILL BE
PERFORMING**

**ELVIS, TOM JONES,
FRANKIE VALLI
AND MORE.**

* U.S. Disabilities ACT of 1990-Town of Braintree: A handicapped accessible coach bus may be made available upon receipt of notice provided to the Department of Elder Affairs at least 30 days prior by calling 781-848-1963 **Braintree Residents Only**

Sharmila's Corner

Greetings Everyone,

September has been quite a busy month and as I glimpse through our October newsletter, once again, it promises to be the same. Braintree Elder Affairs is lucky to have the support of our Community providers. Thanks to the Braintree Moose Club and the Sheriff's Department, for providing a feast for our older adults. To the Braintree Yacht Club, we thank you for the lovely "boat ride" you arrange for our seniors every year. Everyone loved it! We had a dance lesson class presented by Brightview from Canton, Origami by Peggy, many educational seminars and the list goes on. Of course nothing could be achieved without you. Thank you from all of us at Braintree Elder Affairs. You keep us striving to bring in different programs and activities. You encourage us to think a little out of the box.

Many of you have experienced the hustle and bustle with sign ups on the first day of the month. This, often times can be hectic, but also illustrates your approval of what we offer in here. In the past we used to start the sign ups right at 8:30 AM. The phones started to ring before we could get settled. The learning curve taught us to start sign ups at 9:30 AM. This helps anyone who comes through the door to relax in the dining room, have some coffee before they sign up, staff to get settled, ready to accept the phone calls and help you sign up with your choice of activities and programs.

As mentioned above, we ask people to sign up on the first business day of the month, beginning at 9:30 AM. We ask, you only sign up for special events. For regular weekly programs like exercise, cribbage, bridge, mahjong etc. it always may not be necessary to sign up. For special events, you do need to sign up and it is usually mentioned in our newsletter. You can call for yourself and your friend. We ask that you speak to a "live" person and not leave messages on the phone to sign up. We constantly search for collaborations and grants to bring you programs which are offered to you free, but for some, we might ask for a small entrance fee. This, you can pay at the door. But you still need to sign up first. For our Day Trips and our Monthly Luncheons, we need you to come in person and pay upfront to acquire your ticket. You can also get a ticket for your friend as long as it is paid. Occasionally, there will be certain programs we may ask you to sign up earlier. Watch for those notifications. Braintree residents will always get the first preference.

Many programs are anticipated to be very popular and entertaining. For those programs the slots gets filled the very first day. On such occasions we put people on the waiting list and promptly call them if there are any cancellations. We sincerely try to make sure that everyone can come and enjoy. We regret when we cannot accommodate everyone who wishes to come. Thank you for your patience and understanding. See you soon. *Sharmila*
.....*Sharmila*

Alzheimer's Care Giver Support Group

Come and enjoy a stress free discussion and exchange of ideas with your friends and supporters. Caregiving is overwhelming and this group makes you feel that you are not alone.

**Tuesday, October 29
5 PM**



Light supper will be provided, courtesy of Grove Manor Estates

October 29 at 5 PM

Special Activities and Meetings: See our calendar for a complete list of activities

4th Monday	Bereavement Support Group	2:00 PM
1st Wed& 3rd Wed	Bingo—	1:00 PM
Monday Oct. 7& 21rd	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday	Walking Group (see calendar for locations)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
October 1	Low Vision	10:00 AM
October 8	BELD Breakfast-2 seatings	8&9:30 AM
October 9	Senior Walk for Health and Fitness (registration begins at 9:30)	9:30AM
October 18	Mae West Performance	1:00 PM
October 23	Pumpkin Decorating Contest	1:00 PM
October 25	Greater Boston Legal Services-Elder Law Atty.	11:00 AM
October 28	Monthly Luncheon and Pianist	12:00 PM
October 29	Alzheimer's Support Group	5:00 PM
October 30	Newport Playhouse Trip	9:30 AM
	Make sure you remember to Vote November 5th!!!	

HALLOWEEN PARTY

PUMPKIN DECORATING CONTEST

COME EXPRESS YOUR CREATIVITY

EAST MIDDLE SCHOOL 6TH GRADERS WILL BE THE JUDGE

PUMPKINS AND ART SUPPLIES WILL BE PROVIDED ALONG WITH SOME

HALLOWEEN TREATS

DATE: OCTOBER 23RD

TIME: 1:00 PM

WHERE: 71 CLEVELAND AVE

PLEASE CALL 781-848-1963 TO SIGN UP



Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, Oct 10	Independence Housing	10:30-11:30
Wed, Oct 16	Department of Elder Affairs	12:15-1:00
Tuesday, Oct 22	Roosevelt Housing	12:00-12:30

Shopping Shuttle Schedule

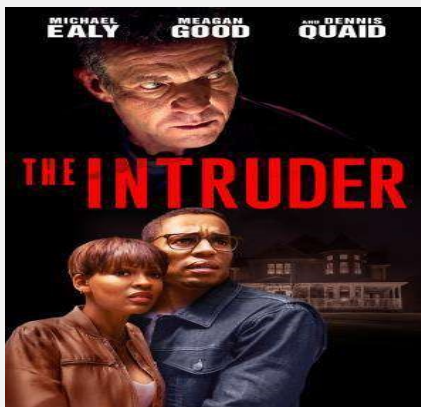
Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM
Return time between: 11:30 AM to 12:00 PM

Tuesday, Oct. 1 Shaw's
Thursday, Oct. 3 Stop & Shop
Tuesday, Oct .8 Stop & Shop
Thursday, Oct. 10 Shaws
Tuesday, Oct. 15 Stop & Shop
Thursday, Oct 17 Stop & Shop
Tuesday, Oct. 22 Roche Bros
Thursday, Oct. 24 Shaw's
Tuesday, Oct. 29 Stop & Shop
Thursday, Oct. 31 Stop & Shop
Special Shopping Trip: Friday , October 11, Christmas Tree Shop

Monthly Movie

Date: Wednesday, October 30
Time: 12:00 Noon



Three friends and retired steelworkers are outraged to learn that their pension fund has been raided by a shady corporation. Soon, they decide to rob one of the corporation's banks to get their money back in this rousing crime comedy.

Services

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express
- **Transportation:** please call to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
Bereavement Support Group
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling;
please call for an appointment
- **Ask the lawyer:** free consultations;
please call for an appointment
- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats
and commodes; please call ahead.

Monthly Luncheon

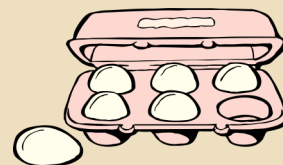


Date: October 28
Time: 12:00 Noon

Where: 71 Cleveland Ave, Braintree
Department of Elder Affairs
Menu: Cost: \$7.00

**Lasagna with lovely
Piano Music**

Beld Breakfast



Once again this year, to celebrate Public Power week, Braintree Electric and Light Department (**BELD**) will have their popular annual **Senior Breakfast** on October 8th, 2019. Come enjoy a tasty breakfast prepared by the Braintree Rotary Club.

A **BELD** representative will give you an overview of what's new at the Light Department.

There will be giveaways and drawings as well.

Date: October 8, 2019

Where: 71 Cleveland Avenue

Time: Two seatings, 8 AM and 9:30 AM

Call: 781-848-1963 to make a reservation

Important: Medicare Open Enrollment Information

Medicare open enrollment begins on October 15, 2019. Here are a few key points:

Be sure to open your mail and read about changes to your current plan in 2020.

*If you are meeting with a SHINE counselor to review possible plans, bring your Medicare card, your medications in a bag or a detailed pharmacy printout of your current medication list.

The redesigned Medicare Plan Finder tool allows users, and those assisting users such as SHINE Counselors, to shop and compare Medicare Advantage and Part D plans. This new tool requires beneficiaries to enroll in a MyMedicare account if they wish to have a personalized plan search comparison. To use this tool at your Open Enrollment SHINE appointment, the following step will make it quicker and easier:

*Create a MyMedicare Account by going to www.MYMedicare.gov prior to your SHINE appointment. If you have difficulty, there is a "Live Chat" link in the top right corner to answer your questions. Be sure to bring your MYMedicare Account Username and Password to your appointment. This is NOT a requirement to have a SHINE appointment. If you are not able or willing to create an account, SHINE counselors will still help you find the plan that is best for you. When you are creating your account, have the following information ready:

*Medicare Number

*Last Name

*Date of Birth

*Current address with ZIP code or city

*Part A or Part B coverage start date (find this on your Medicare Card)

You may pick up a copy of the full instructions from the information table at the Braintree Department of Elder Affairs.





OCTOBER

MONDAY

TUESDAY

WEDNESDAY

	<p>1</p> <p>Shopping Shuttle: Shaw's 9:00 S&S Bus (housing) 9:30 Bocce 9:30- Beginners Computer 10:00 Bob Cobbett and Silver Sneakers 10:00 Low Vision 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage</p>	<p>2</p> <p>9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 1:00 Bingo</p> 
<p>7</p> <p>9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gon/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia</p>	<p>8</p> <p>Shopping Shuttle: Stop & Shop 8&9:30BELD BREAKFAST –Please sign up (two seatings) 9:00 S&S Bus (housing) 9:30 Bocce 9:30- Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage 2:00 Bereavement 3:00 Supper Club (Restaurant TBD)</p>	<p>9</p> <p>9:30-Senior Walk for Health and Fitness 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker</p>
<p>14</p> <p>Closed Happy Columbus Day</p>	<p>15</p> <p>Shopping Shuttle: Roche 9:00 S&S Bus (housing) 9:30 Bocce 9:30 Beginners Computer 10:00 AM Bob Cobbett 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage 1:00 Belles and Beaux 1:00 AARP Meeting</p>	<p>16</p> <p>9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 12:00 Blood Pressure Clinic 1:00 Bingo</p> 
<p>21</p> <p>9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gon/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia 2:00 Bereavement group 2:45I-Phone Assistance with BHS students</p>	<p>22</p> <p>Shopping Shuttle: Shaw's 9:00 S&S Bus (housing) 9:30 Bocce 9:30 Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage 1:00 Gambling Strategies</p>	<p>23</p> <p>9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 1:00-Pumpkin Decorating Contest Judging provided by East Middle School 6th Graders</p>
<p>28</p> <p>9:30 Current Events 10:30 Chair Yoga 11:30--phone Assistance with BHS Students 12:00 Qi Gon/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia 12:00 Luncheon-- 2:00 Bereavement</p>	<p>29</p> <p>Shopping Shuttle: Stop & Shop 9:00 S&S Bus (housing) 9:30 Bocce 9:30 Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 1:00—Ask the Lawyer: Free by Appt. 12:30 Bridge 12:30 Cribbage 5:00 Alzheimers Support Group</p>	<p>30-TRIP—Newport Playhouse-ticket hol</p> <p>9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 12:00New Movie– The Intruder</p>



THURSDAY

FRIDAY

3

Shopping Shuttle: Stop & Shop
 9:30 Mah Jongg
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Knit/Crochet

4

9:15 Cardio, Strength and Flexibility Class
 10:00 Weight Loss Group
 12:00 Pool Players
 12:00 Mixed Poker
 12:00 Fun Movie Friday: Ocean's 11

10

Shopping Shuttle: Shaw's
 9:30 Mah Jongg
 10:00 Photography
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Knit Crochet

11

Special Shopping Trip: Christmas Tree Shop, MA
 9:15 Cardio, Strength and Flexibility Class
 10:00 Weight Loss Group
 12:00 Pool Players
 12:00 Mixed Poker
 12:00 Fun Movie Friday: Ghostbusters

17

Shopping Shuttle: Stop & Shop
 9:30 Mah Jongg
 10:30 Book Club-
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Knit/Crochet

18

9:15 Cardio, Strength and Flexibility Class
 10:00 Weight Loss Group
 12:00 Pool Players
 12:00 Mixed Poker
 12:30 Ask the Lawyer
 1:00 May West Performance
 No Movie
 2:00 Board Meeting

24

Shopping Shuttle: Shaw's
 9:30 Mah Jongg
 10:00 Photography
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Knit/Crochet

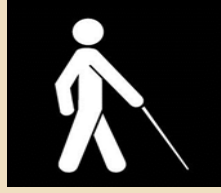
25

9:15 Cardio, Strength and Flexibility Class
 10:00 Weight Loss Group
 11:00 Greater Boston Legal Services Presentation
 12:00 Pool Players
 12:00 Mixed Poker
 12:00 No Movie

31

Shopping Shuttle: Stop & Shop
 9:30 Mah Jongg
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Knit/Crochet

Outreach Department



October is White Cane Awareness Month

International White Cane Day is October 15th. In 1931 the Lions Club began promoting the use of white canes for people who are blind as a national identification program. **Massachusetts White Cane Law** states that all motorists, when they see a pedestrian who uses a guide dog or a white cane at a street crossing, must come to a complete stop.



Fuel Assistance

As this article goes to press in early September, we are anticipating the arrival of fuel assistance applications from Quincy Community Action Programs, Inc. for the 2019-2020 fuel season. You must be income eligible. For those who received fuel assistance last year, you will be receiving your recertification application in the mail from QCAP. Whether this is your first time applying or you are recertifying, the Outreach Staff can assist you with filling out the application. Please call us at 781-848-1963 for an appointment



Your Rights and your Benefits



Date: October 25
Time: 11:00 AM
Please call to 781-848-1963 sign



Please join us for a presentation with **Elder Law Attorney, Danielle Johnson from the Greater Boston Legal Services**. Attorney Johnson will be providing important and insightful discussions concerning issues that affect elders including **housing, benefits, disability and health**. In addition to her presentation, she will be fielding questions and providing valuable resources that will benefit the community. Attorney Johnson serves the South Shore area and has been providing legal assistance to elders who have issues with housing, Mass Health, and/or Social Security benefits.

Braintree Weymouth Senior Walk for Health and Fitness



Wednesday, October 9 (Rain Date Friday, October 11)

At Pond Meadow Park (Weymouth Side)

Registration begins at 9:30 AM and Walk starts at 10 AM

Time to put on those walking shoes and join our “12th Annual Senior Walk for Health and Fitness”. Sign ups began in September, but we are still taking names. Tee shirts will be given to the first 75 people who signed. People can still join, but we will be unable to provide a tee shirt. There will be vendors from different Elder Services, Raffle prizes, Exercise by Mary and Music by Tom Bruhl. This has always been a fun and an exciting day for all of us.

Mayor Sullivan and Mayor Hedlund will be present to start the Walk and to cheer our walkers. Please wait for them at the **start line**. We request everyone to begin the “Walk” together.

We are also fortunate to be supported by a grant from MCOA, “Go for Life” grant. See you at Pond Meadow!



**Massachusetts
Councils On Aging**

Delvana Theatre Company presents

The Incredible Mae West Starring: Lynne Moulton

**October 18, at 1 PM
Where: 71 Cleveland Ave**

Meet Hollywood legend blond bombshell, “Mae West” as portrayed by actress Lynne Moulton. Famous for her comedic one-liners, “Mae” will keep the audience entertained with an insight into her fascinating 80-year show business career, her philosophy of life and, of course, her singing.



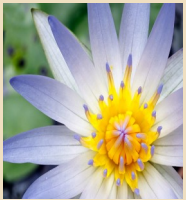
**Please call 781-848-1963 to sign up on or after October
1st at 9:30 AM**

A joint collaboration of Thayer Public Library and Department of Elder Affairs

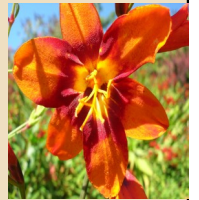
September Highlights



Dedication Ceremony for Mary Cirignano and Jean York



Sheriff's Cookout and K9 demonstration



From the Chairman

It is hard to believe it is the middle of September already. The weather is getting a little cooler but it is nice weather to get out and walk and good weather to see some nice foliage around the state . Maybe a trip to Castle Island for a hot dog at Sully's would be a great way to spend an afternoon with a friend or a loved one.

Well, the Red Sox year is almost coming to an end and all I can think of is the famous words, " wait till next year". The Patriots are off to a very good start and Tom Brady looks as good as ever. The Celtics and the Bruins are getting ready to start their seasons. What a great time of the year it is, to enjoy with your friends.

We had a very good time at the Sheriff's Cookout. The information they provided was very informative and the Canine did a great job of sniffing out the foreign substance. The hot dogs and hamburgers were of course delicious.

The dedication to Mary Cirignano and Jean York went very well. It was wonderful to see so many people there to pay honor to those two lovely ladies. When I sit down to write these letters, I always think of Mary and whenever I read the Forum I think of Jean. They were both two very strong willed persons who touched may people during their life and it was all for the good.

Well its time to go vote in the Mayoral primary and it is hard to believe 12 years have gone by since we elected Joe Sullivan as our first Mayor. Hope everyone enjoys the rest of September and the wonderful weather that is coming up. Please continue to be safe and happyHank

Tips and Strategies to keep Gambling Fun

Lin Ho, Senior Game Sense Advisor
Lyn Frano, Substance Use Prevention Coordinator
Tuesday October 22, at 1 PM

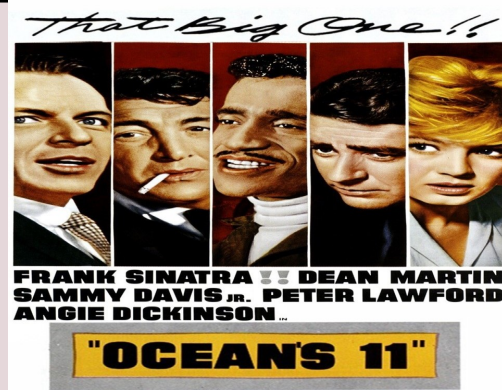
The casino at Encore Boston Harbor brings glamour on a grand scale to the Mystic riverfront. Offering 3,100+ slot machines, 144 table games, and 88 high-end poker tables. Encore has something for everyone, including GameSense, an innovative and comprehensive responsible gaming strategy adopted by the Massachusetts Gaming Commission, to help keep gambling fun for all players. Please join us on Tuesday October 22nd, as Braintree resident and Senior GameSense Advisor, Lin Ho, dispels common gambling myths and shares strategies to keep your gaming responsible and fun. Participants will leave this informative and interactive presentation with plenty of GameSense swag!





Friday, October 4 Ocean's 11-
12:00PM

Travel back in time with the Original
"Ocean's 11" Cast.



Friday, October 11
12:00PM

The New Cast of the 2016
"Ghostbusters"
To get us in the Halloween Spirit



Friday, October 18--No Movie (Special Event, see Calendar)

Friday, October 25—No Movie (Special Event, See Calendar)

**Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184**

Place
Stamp
Here

Braintree Dept. of Elder Affairs ~ 2019 Board Members

Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman

Lucille Barton

Jane Fogg

Ann Moore, Secretary

Tim Burke

Connie Mattina

Robert Caruso, Treasurer

Leland Dingee

June Newman

THE FRIENDS

Dear Friends,

It is with mixed feelings that I write this article on behalf of the Council on Aging Associates. We have been a charitable organization, supporting the seniors of Braintree and the Council on Aging/Department of Elder Affairs for close to 20 years. Our successes were many, not the least of which was raising over \$110,000 for the kitchen renovation project, having WiFi installed, paying for the PA system, etc., etc.

Since our recent meetings have only been attended by our officers, it is with regret that we have made the decision to terminate the organization.

We have not sent out dues bills for over a year, so the funds that remain will be used to continue to mail the newsletters to our members until the funds are expended.

We congratulate the staff and board of the Department of Elder Affairs for providing interesting and active programs, events, and activities that engage and encourage Braintree's seniors.

Our sincerest thanks for our members' support and participation over the years. We could not have done it without you—OUR FRIENDS!!!!

Best wishes for a healthy and happy future!

The Friends

**The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org
Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have generously donated to support our wonderful programs.**